

March 2020

Welcome to our spring newsletter! We hope you have all had a happy and healthy start to 2020 so far. Our groups were back in operation from early January - a number of them are indoor activities, but even our Walking group was out regularly, in spite of the weather. Sadly, though, we've had to suspend our groups and other activities in response to Government guidelines regarding Covid-19. Please see the back page of the newsletter for more details about our Covid-19 response and how to stay in touch with us during this time.

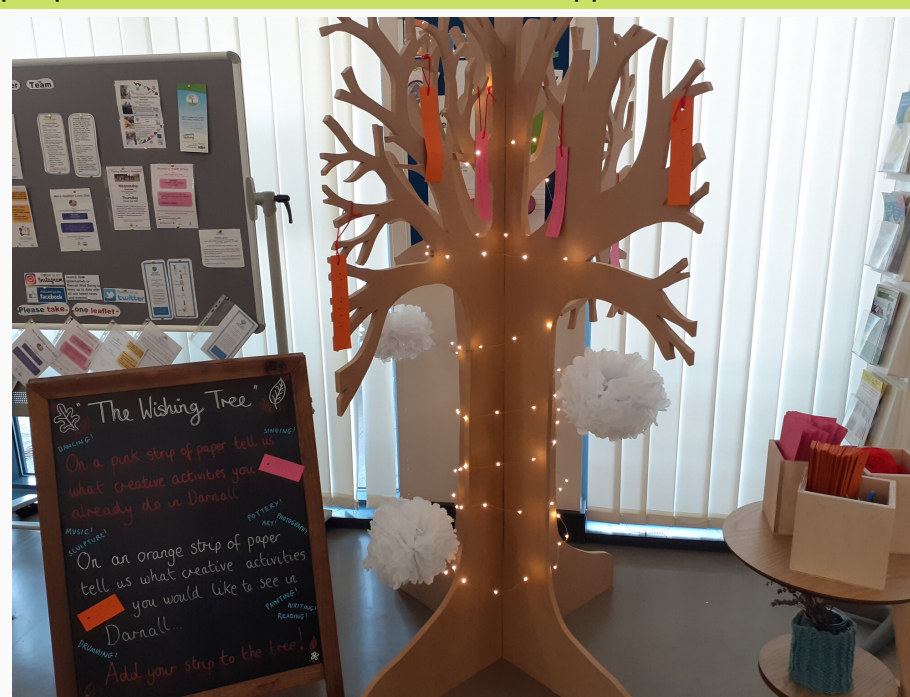
We had a couple of big visits since January - one from the Kings Fund and Nuffield Trust, who came to talk to us and other community wellbeing organisations about the benefits we can bring to local people, and another from the National Lottery Community Fund, who enjoyed meeting members of our Chairobics class, as well as hearing about all our other opportunities!

Community of Culture

We successfully applied for some funding from Arts Council England, to run a joint project with local organisations Ignite Imaginations, Tickets for Good and Sheffield Libraries. The first stage of the project is to carry out a consultation, to find out what people think of the creative and artistic opportunities available in Darnall today - and what they would like to see here.

The Wishing Tree was made by a local artist, Jordanna, and will be appearing in a variety of locations in Darnall, to give everyone the chance to have their say, by writing on the coloured tags and attaching them to the tree.

Plenty of people have responded already, and we're looking forward to lots more of your thoughts before the consultation ends! The feedback we get from the Wishing Tree will enable us to make a further funding bid to carry out a 2 year programme of cultural activity in our area. Look out for the Tree and workshops being run at local groups, too!



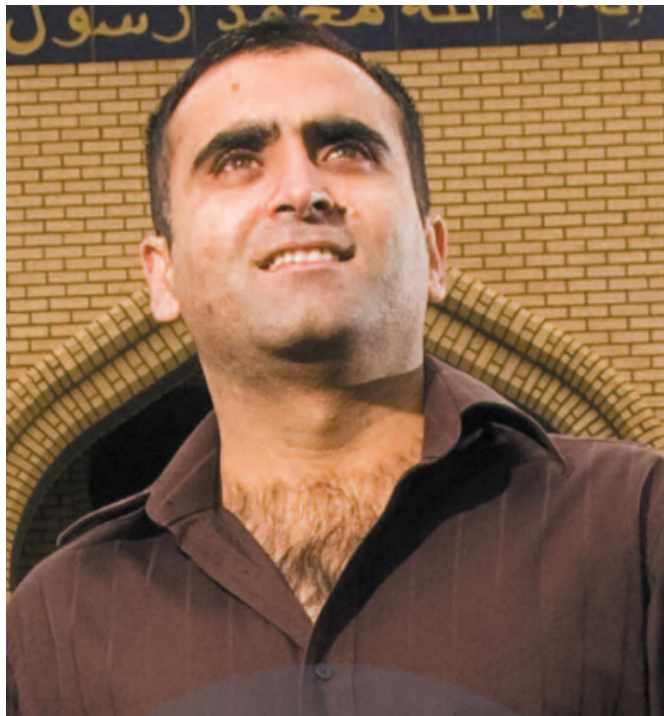
The Wishing Tree at Darnall Primary Care Centre

New BAME Dementia Cafe

We launched a new Dementia Cafe in March, aimed at supporting members of the BAME community who are living with dementia, and their carers. The cafe runs monthly on a Tuesday at Darnall Primary Care Centre and is a chance to have hot drinks and cakes, whilst meeting others and getting support. Community language support is also available. Please contact us on 0114 249 6315, if you'd like to come along when our activities have restarted.



The first session of our BAME Dementia Cafe



Waqas Hameed - Link Worker and Senior Health & Wellbeing Worker at DWB

Day in the life - Waqas Hameed

Waqas has worked for Darnall Well Being for 10 years as a Senior Health & Wellbeing worker. Recently, he has also taken on the new role of Link Worker. On a typical Link Working day, he comes into the office at 9am, and checks his DWB and NHS emails. He then goes to clinic, in one of the local GP surgeries, and is there until 14.00. At clinic, people are booked in with him for appointments by GPs, Occupational Therapists and District Nurses. A first appointment lasts 45 minutes, with subsequent appointments being 30 minutes. Waqas says "The length of time makes a big difference in helping learn about someone – I have the time to take a holistic approach to helping, and I'm able to take the load of non-medical work away from GPs, by supporting people and connecting them with the right services."

Waqas deals with all kinds of referrals - he talks here about a typical case where a family contacted the GP

because they wanted their parent to go into a care home, but they didn't know where to start. As a non-medical matter, the GP referred the family to Waqas. He met with the family to get the background to their situation, understand what support they had already, and what issues they were facing. Then he liaised with social services and continued to act the contact for both parties, and the GP, to come back to for more information if needed. He was also able to provide details about groups and support available for the family in the local area.

Darnall Allotment Project from Sarah Emberson

On the allotment we are busy preparing our growing beds for the spring seed sowing. Over the next couple of months we will be sowing beans, potatoes, courgettes, parsnips, onions, salad, cabbages, broccoli, tomatoes, peppers, cucumbers and more! We are still harvesting kale, leeks and broccoli and also beautiful delicious greens that have been growing in the polytunnel over winter. In January we had a working day alongside our AGM and some hardy souls moved a delivery of 2T of manure in the rain. The potatoes will greatly appreciate it! Volunteer days are usually every Wednesday, 12-4pm, but are currently suspended owing to Covid-19. Contact Sarah for more info 07415025919 /sarah@greencityaction.org.uk



Spring greens flourishing in the polytunnel



DWB's Milda receiving our award from GNN

GNN Award

We were fortunate to be nominated recently for an award from Good Neighbours News magazine, and were very happy to receive a cheque for £200 from their community award scheme. We plan to use the money for wooden furniture at Darnall Allotment Project, for volunteers to use when planting - and to take a well-earned tea break, hopefully in the sunshine!



Junior parkrun in action (copyright George Carman)

Sheffield Olympic Legacy Park news from Claire Fretwell

Junior parkrun started at Sheffield Olympic Legacy Park towards the end of last year. It's a FREE weekly event for 4-14 year olds, giving them the chance to run, walk or jog a safe, traffic-free, timed 2km route. There's also the chance for adults to volunteer as marshals - or join their children in running!

Junior parkrun is every Sunday at 9am. The Olympic Legacy Park is accessible by bus, tram - or there is parking available. Junior Parkrun is suspended at present due to Covid-19 - but it will be back!

Kings Fund and Nuffield Trust visit

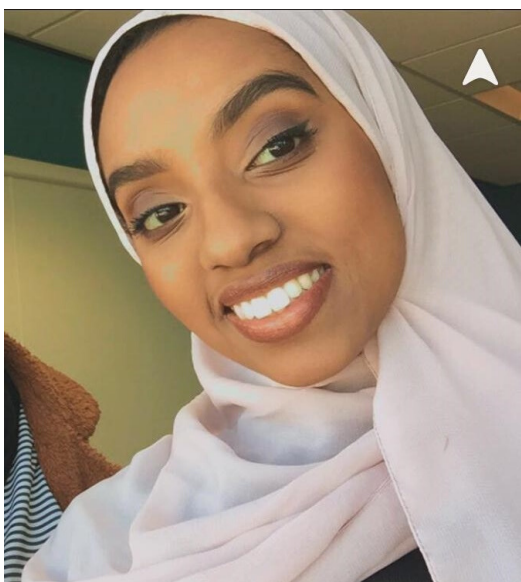
We were delighted to welcome representatives from the Kings Fund and Nuffield Trust back in January. Some of our wonderful volunteers and staff from Manor & Castle Development Trust, VAS, Zest, SOAR and Move More, we were able to talk about the benefits that community wellbeing programmes bring to local people's health - and about some of the challenges we face. We're particularly grateful to our volunteers who gave up their time to speak to the group about their experiences!



Group photo at the visit

Save the Date!

Darnall Well Being celebrates our 20th birthday this year, so please save the date and join us for an extra special AGM on 22nd October 2020. We have plenty of planning still to do, but we would love as many people as possible from the local community to join us for this celebration event.



Ahsan Abdillahi - volunteer with DWB

Volunteer Viewpoint

I started volunteering with Darnall Wellbeing during a college placement. I thoroughly enjoyed the placement year and was given the opportunity to stay with DWB as a volunteer. I took part in different training courses which gave me the development skills to become a 'health champion' and 'helping hand'. With this upgrade I was able to take part in different areas of volunteering within the community. I had a lot of group work to take part in as well as plenty one-to-one work with clients. This helped me develop my confidence skills drastically, as well as team work skills. Progressing as a volunteer, I am now able to plan, deliver and lead nutrition/health sessions to specific groups in the community. Four years ago, I would not have had the courage to do this or ask for the opportunity. I really love working with the staff members at DWB - they are all very welcoming and approachable. I would

recommend anyone to volunteer with DWB, especially if you want to develop your own personal skills or if you would like to join some activities when you have free time. There is something for everybody.

Office: 0114 249 6315 email: dwb.enquiries@darnallwellbeing.org.uk

Interpretation support is also available.

Darnall Well Being Centre Ltd, a Company Limited by guarantee with charitable objectives.

Company No: 04027680, Chairperson: Gareth Johnstone, CEO: Lucy Melleney

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STOP PRESS - COVID-19 RESPONSE

In response to Government guidelines around containing the spread of Covid-19, and to protect the most vulnerable members of the community and safeguard the health and wellbeing of everyone, all our activities, groups and face to face meetings were put on hold on 16th March 2020. This closure is currently planned to end on 31st May, but please check our social media and upcoming website for further updates around dates. The suspension includes:

Group activities

Walks

Men and women's health groups (e.g. chairrobics)

Conversations clubs

Craft or social activity

Events, drop-ins and trips

Dementia cafes

Allotment sessions

Face to face appointments

Training

All volunteer activity including group supervision

We will make every effort to keep you informed of any changes.

The team will be putting in place alternative services where possible. For example, offering telephone appointments and reaching out each week to those people who might welcome staying in touch with us.

We realise you may feel disappointed but we hope that you understand that we are acting in the best interests of our community.

UK Government guidance is currently that you:

Only go outside for food, health reasons or work (where this absolutely cannot be done from home)

Stay 2 metres (6ft) away from other people

Wash your hands as soon as you get home

Be aware that anyone can spread the virus.

Ways to stay informed:

- You or a family member or friend could follow us on Social Media for regular updates. Please search for @DarnallWB on Facebook, Twitter and Instagram.

- Check www.gov.uk/coronavirus for up to date guidance from the UK Government

- Check www.nhs.uk website regularly for the latest guidance from the NHS

- Sheffield's voluntary sector has useful updates here:

<https://www.vas.org.uk/covid-19-coronavirus-information-signposting-and-guidance-for-voluntary-sector-organisations/>

Thank you for your continued support in this difficult and challenging time.